

Department of Athletics And Recreation Director and Program Co-Ordinators



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GOT AN IDEA?

Do you have an idea, or suggestion, or complaint, or even a comment about any aspect of the Athletic Centre's operation, facilities, services or programs? If so, we'd like to hear from you. Please use the comment forms available at the Suggestion Box notice board located on the main floor, opposite the Equipment Room and Towel Counter. Users' comments and the replies from Athletic Centre staff are posted on the Suggestion Box notice board. Also please feel welcome to visit or call the Program Offices listed on this page.

We're User Friendly.



Department of Athletics
and Recreation
University of Toronto
55 Harbord Street
Toronto, Ontario
M5S 2W6



Iris Bliss Hamilton, BSc. BEd. MSc.
Instruction Co-Ordinator
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Room 1050B 978-3441

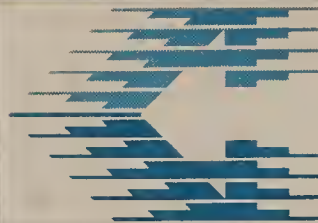


Athletics Council And Committees

The Council of the Department of Athletics and Recreation, usually called the Athletics Council, is the main authority for policy on all Fitness, Instructional, Intercollegiate and Recreational programs. The 24-member Council includes 12 students, who are elected annually in March.

The Council, by virtue of its representative nature, serves as a medium of information, communication and co-ordination. It approves the annual budget, determines policy regarding use of athletics facilities, sets the various athletics fees and oversees the

awarding of the many U of T athletics awards and bursaries. Student users and other Athletic Centre members are eligible to serve on the Council and on its four main standing committees - Fitness, Instruction, Excellence (Intercollegiate) and Recreation. Meetings are usually held monthly. For additional information, please contact the appropriate Program Office listed on this page. For information regarding Athletics Council Elections, please contact the Chief Returning Officer, room 2066, phone 978-4112



Athletic Centre News

17-18-19-20-21
ARCHIVE
6-7-8-9-10-11
12-13-14-15-16-17-18-19-20-21

University of Toronto Department of Athletics and Recreation January 1986

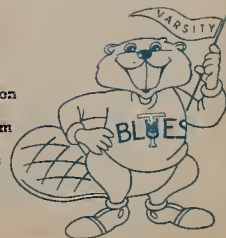


U of T Athletic Centre - 55 Harbord at Spadina

Inside This Issue:

- ★Athletic Centre Maps and Information — Page 1
- ★Blues Intercollegiate Schedules — Page 3
- ★Student Assistants Needed — Page 3
- ★Men's and Women's Intramurals — Page 4
- ★Casual Recreation Page 5
- ★Coeds and Clubs Page 6
- ★Instruction Program Registration — Page 7
- ★Aquatics Courses Pages 8-9
- ★Dance Courses Pages 9-10

- ★Sports Courses Pages 11-12
- ★Community Service Program — Page 13
- ★Fitness Assessment Page 14
- ★Fitness Classes: Questions and Answers — Page 15
- ★Selecting the right fitness class — Page 16
- ★Fitness Classes Information Page 17
- ★Fitness Education Program Page 18
- ★Athletic Centre Programs Page 19



VARSITY

Intercollegiate
SchedulesJanuary-March
1986

Experience the Blues

BASKETBALL (Men's)

VA=VARSITY ARENA

Tickets \$2-\$4; Students \$2

*Doubleheader

Wed. Jan. 8 Western (VA) *

Sun. Jan. 12 R.M.C. (VA) *

Fri. Jan. 17 at Carleton *

Sat. Jan. 18 at Ottawa *

Tue. Jan. 21 Ryerson (VA) *

Sat. Jan. 25 Laurentian (VA) *

Tue. Jan. 28 York (VA) *

Fri. Jan. 31 at R.M.C. *

Sat. Feb. 1 at Queen's *

Tue. Feb. 4 at Ryerson *

Fri. Feb. 7 Ottawa (SG) *

Sat. Feb. 8 Queen's (SG) *

Tue. Feb. 11 at York *

Sat. Feb. 15 at Laurentian *

Sun. Feb. 23 Carleton (VA) *

Fri. Feb. 28 OUA East Semi-finals

(4-Team Tournament)

Sat. Mar. 1 OUA East Final

(hosted by first place team)

Mon. Mar. 3 OUA League Final

Mar. 7,8 CIAU Regionals

Mar. 14,15 CIAU Championships at Halifax

SG=SPORTS GYM

*Doubleheader

8:15 pm

6:15 pm

8:00 pm

8:00 pm

6:15 pm

8:15 pm

8:15 pm

9:00 pm

4:00 pm

8:15 pm

8:15 pm

8:15 pm

8:15 pm

7:00 pm

6:15 pm

ICE HOCKEY (Men's)

Tickets \$2-\$4; Students \$2

*Indicates Non-Conference Game

Wed. Jan. 8 at Ryerson

Fri. Jan. 10 McMaster

Wed. Jan. 15 at Western

Fri. Jan. 17 R.M.C.

Sun. Jan. 19 at Waterloo

Wed. Jan. 22 Brook

Fri. Jan. 24 Guelph

Sat. Jan. 25 at York *

Wed. Jan. 29 Ryerson

Fri. Jan. 31 Waterloo

Sat. Feb. 1 at McMaster

Sun. Feb. 9 at Windsor

Tue. Feb. 11 Laurier

Thr. Feb. 13 at Guelph

Wed. Feb. 19 York

Sat. Feb. 22 at Laurentian

Sun. Feb. 23 at Laurentian

Tue. Feb. 25 OUA A Death-Death

Quarter Finals

Fri. Feb. 28 OUA A Semi Finals

Mar. 1 & 2 (Best 2 of 3 series)

Mar. 7,8,9 OUA A Finals (Best 2 of 3 series)

Mar. 14,15,16 CIAU Semi Finals

Mar. 21,22,23 CIAU Championships at Alberta

VARSITY ARENA

8:30 pm

7:30 pm

7:30 pm

7:30 pm

1:30 pm

7:30 pm

7:30 pm

7:30 pm

7:30 pm

8:00 pm

3:30 pm

7:30 pm

7:30 pm

7:30 pm

7:00 pm

2:00 pm

SWIMMING & DIVING

(Men's & Women's)

ATHLETIC CENTRE 50M POOL

Fri. Jan. 10 McMaster (W) 6:30 pm

Sat. Jan. 11 at Western (M&W) 3:00 pm

Fri. Jan. 24 McMaster (M) 7:00 pm

Sat. Jan. 25 at Waterloo (M) 3:00 pm

Jan. 25 & 26 at Waterloo (W) 7:00 pm

Fri. Jan. 31 at York (M&W) 6:00 pm

Feb. 1 & 2 Ontario Cup at Ottawa 7:00 pm

Feb. 14 & 15 OWIAA Championships

at Waterloo (W) 6:30 pm

Feb. 21 & 22 OWIAA Championships at Toronto

Finals (M) 6:30 pm

Feb. 28-Mar. 4 CISA Nationals

in Montreal (M&W) 7:00 pm

Mar. 7,8,9 CIAU Championships

at Laval (M&W) 6:30 pm

BASKETBALL (Women's)

VA=VARSITY ARENA

Tickets \$2-\$4; Students \$2

*Doubleheader

Fri. Jan. 17 at Carleton *

Sat. Jan. 18 at Ottawa *

Sat. Jan. 25 Laurentian (VA) *

Tue. Jan. 28 York (VA) *

Sat. Feb. 1 at Queen's *

Tue. Feb. 4 at Ryerson *

Fri. Feb. 7 Ottawa (SG) *

Sat. Feb. 8 Queen's (SG) *

Tue. Feb. 11 at York *

Sat. Feb. 15 at Laurentian *

Feb. 20-22 OWIAA Finals at Laurentian

Feb. 27-Mar. 1 CIAU Championships

at Winnipeg

SG=SPORTS GYM

*Doubleheader

6:15 pm

6:00 pm

6:15 pm

6:15 pm

2:00 pm

6:15 pm

6:15 pm

6:15 pm

6:00 pm

9:00 pm

ICE HOCKEY (Women's)

VA=VARSITY ARENA

SM=ST. MICHAEL'S ARENA

Fri. Jan. 10 Queen's (VA)

Wed. Jan. 15 York (VA)

Jan. 18 & 19 McMaster Invitational

Thr. Jan. 23 at Guelph

Tue. Jan. 28 at York

Thr. Jan. 30 Guelph (SM)

Fri. Feb. 7 Queen's (SM)

Mon. Feb. 10 McMaster (VA)

Wed. Feb. 12 York (VA)

Feb. 14or15or16 OWIAA Semi Finals (1 game)

Feb. 18 or 19 OWIAA Finals (1st game)

Feb. 21 & 22 OWIAA Finals (2nd&3rd games)

5:00 pm

7:00 pm

7:30 pm

8:00 pm

7:30 pm

7:00 pm

7:00 pm

7:00 pm

7:00 pm

7:00 pm

7:00 pm

7:00 pm

VOLLEYBALL (Men's)

SG=SPORTS GYM

Tue. Jan. 28 Ryerson (UG)

Tue. Feb. 4 York (SG)

Sat. Feb. 15 East Division Semi-finals

(SG) 2:00 pm

Sat. Feb. 22 East Division Final (SG)2:00 pm

Sat. Mar. 1 OUA Final at West Winner

Mar. 15,14,15 CIAU Championship at Moncton

UG=UPPER GYM

8:00 pm

8:00 pm



Free Admission for UofT
Students to all Varsity
Blues Regular Season
Home Games

Several special Blues
Promotional Nights will be
scheduled this season.
Check future issues of
"Blues Spirit" and other
campus newspapers for
full details

RECREATION

Where The Action Begins

Recreational programs offer a wide variety of activities to meet your needs and make your UofT years most enjoyable.

INTRAMURALS

A wide variety of sport activities are offered for the skilled and unskilled participants wishing to compete for their college or faculty. Through involvement in the program students can achieve personal enjoyment, fitness, and make social contacts.

CO-EDS

Co-eds are loosely structured activities for the fun of playing and meeting other people. Open to all male and female Athletic Centre Members.

CLUBS

Clubs are organized and run by interested students to emphasize their sports interests and combine them with social interaction.

CASUAL RECREATION

Activities are scheduled for Athletic Centre members to do their own thing according to their schedule. Facilities are also available for reservation.

UNIVERSITY OF TORONTO
DEPARTMENT OF ATHLETICS & RECREATION
RECREATION SECTION

Student Positions Available

for Intramural Recreation Programs
1986-87 Academic Year

One of the functions of the University of Toronto's Intramural Department is to offer a wide variety of leisure time activities to meet the diversified needs and interests of our university community. To facilitate this, we rely on volunteer and paid students for many aspects of our programs.

Applications are now being accepted for the following positions:

Convener of Head Officials - oversees and assists Head Officials with recruiting, hiring, training and evaluating of officials.

Head Officials - responsible for recruiting, hiring, training, scheduling and evaluating officials.

Convener of Program Supervisors - responsible for the recruitment, hiring, training, assignment and evaluation of program supervisors.

Program Supervisors - provides on site communication, resource information and supervision to aid program continuity and feedback.
- provides emergency first aid where required.
- intramural program knowledge is an asset
- minimum qualifications: Standard First Aid

Convener - responsible for the technical operation and coordination of a specific league. Duties include publicity, pre-season organization, scheduling and evaluation.

Publicity Committee

Photographers

Writers

Badminton
- Womens Singles Convener
- Womens Doubles Convener
- Team Doubles Convener
- Coed Convener

Basketball
- Mens Head Official
- Womens Head Official
- Coed Convener

Broomball
- Womens Tourn. Convener
- Coed Tournaments

Curling
- Coed Tournaments (2)

Field Hockey
- Head Official

Flag Football
- Womens Head Official

Ice Hockey
- Mens Head Official
- Womens Head Official

Innertube Waterpolo
- Head Official
- Coed Official

Lacrosse
- Head Official

Rugby
- Head Official

Skiing
- Meet Convenors (4)

Soccer
- Mens Head Official
- Womens Head Official

Swimming
- Mens Convener (2)
- Womens Convener (2)

Superstars
- Coed Convener

Tennis
- Womens Team Doubles Convener
- Womens Singles Convener
- Mens Team Doubles Convener

Touch Football
- Mens Head Official

Track & Field
- Convenors (2)

Volleyball
- Mens Head Official
- Womens Head Official
- Coed Convener

Waterpolo
- Mens Head Official



Grrrrizzly.

Applications, job descriptions and additional information are available at the Recreation Office, Main Foyer of the Athletic Centre, (378-3441).

APPLICATION DEADLINE: FEBRUARY 14, 1986

RECREATION

T MEN'S INTRAMURALS

ACTIVITY	C/NC	MEETING AND/OR ENTRY DEADLINES	LOC	SCHEDULE	PROGRAM HOURS
LEAGUE					
Basketball - ** Div I Playoffs - Div I	C	R Jan. 23, 1 pm, Rm. 2007	PH*	PO/R M Jan. 27	MTWR, 6-11 pm
Ice Hockey Div I/II	C	Schedule Started	VA*		1W, 7-9 am RF
Playoffs		W. Feb. 26, 12 noon, Brd. Rm.	PO		
Squash - ** Div I/II/III	NC	Schedule Started F Jan. 30, 12 noon, Rm. 2007 F Feb. 28, 1 pm, Brd. Rm.	AC	PS T Jan. 7 RS M Jan. 12 PO M Mar. 3	TR, 9-11 pm WF, 7-9 am
Volleyball ** Div I	NC	Schedules started check with your sports rep. to join your college or faculty team T Jan. 14, 12 noon, Brd. Rm.	UG*		NM, 8-11 pm
Div II/III				PS M Jan. 6 RS M Jan. 20 PO M Mar. 3	
Playoffs I/II/III		F Feb. 26, 12 noon, Brd. Rm.			
Tournaments & Meets					
Badminton -					
Team Doubles Doubles Div I/II		R Jan. 9, 12 noon, Brd Rm T Feb. 23, 1 pm, Brd Rm	SG/UG SG	F Jan. 17 F Mar. 7	4-11 pm 4-11 pm
Broomball -	C	R Jan. 16, 1 pm, Rm. 2007		F Jan. 24	12-5 pm
Sitting *** Adv/Nov	NC	R Jan. 23, 12 noon, Brd. Rm.		F Jan. 21	All Day Medonte
LEGEND:					
C	-Contact	AC - Athletic Centre	Season Begins:		
NC	-Non-contact	PH - Field House	PS - Pre-Season		
**	-Default Bowd	VA - Varsity Arena	RS - Regular Season		
***	-Entry Fee		PO - Playoffs		
			* - Div I teams must travel to Scarborough and/or Etobicoke		

T WOMEN'S INTRAMURALS

ACTIVITY	C/NC	MEETING AND/OR ENTRY DEADLINES	FACILITY	SCHEDULE	PROGRAM HOURS
LEAGUE					
BASKETBALL Div IA/IB/II/III Intermediate Playoffs	C	Schedules started R Feb. 27, 12 noon, Brd. Rm.	PH	PS M Jan. 13 PO M Mar. 3	MTWR 7-11 pm MTWRF 12-2 pm limited evening
HOCKEY Div I/II/III/Int Intermediate Playoffs	C	Schedules started check with your sports Rep. to join your college/faculty's team W. Feb. 16, 1 pm, Brd. Rm.	VA		MTWRF 12-3 pm 4-5 pm, 7-12 pm MTWRF 12-2 pm
SQUASH Div I/II/III	NC	Schedules started R Feb. 27, 1 pm, Brd. Rm.	AC	RS M Jan. 6 PO M Mar. 3	MW 9-11 pm & TR 7-9 am
VOLLEYBALL Div I/II/III	NC	Schedules started R Feb. 13, 12 noon, Brd. Rm.	SG UG FH		TR 8-11 pm
WATERPOLO Div I/II/III	C	W Jan. 18, 12 noon, Rm. 2007 R Mar. 6, 12 noon, Rm. 2007	S O M	PS M Jan. 6 RS M Jan. 20 PO M Mar. 10	MW 7-11 pm & T 7-9 pm
TOURNAMENTS/MEETS; RACQUETBALL - NC					
School Confirmation		R Jan. 9, 1 pm, Brd. Rm W Jan. 15, 1 pm, Brd. Rm	AC Courts	F Jan. 17 Sat Jan. 18 Sun Jan. 19 F Jan. 24 Sat Jan. 25 Sun Jan. 26	4-11 pm 1-4 pm 1-4 pm 4-11 pm 1-4 pm 1-4 pm
SKATING*** Novice/Exp.	NC	R Jan. 23, 12 noon, Brd. Rm		F Jan. 31	All Day Medonte
LEGEND:					
C	-Contact	PH - Field House	Season Begins:		
NC	-Non-Contact	SG - Sports Gym	PS - Pre-season		
AC	-Athletic Centre	VA - Varsity Arena	RS - Regular Season		
***	-Entry Fee		PO - Playoffs		
			* - Div I teams must travel to Scarborough and/or Etobicoke		



Intramurals

People exercise in different ways and therefore choose to participate in different sports.

Competitive sports are not for everyone, but for some people it is. Beating another team or individual is exciting, but beating your own personal best performance is the biggest thrill of all.

The University of Toronto Intramural Department offers a wide selection of sports at various skill levels. If you are interested in basketball, volleyball, hockey, squash, skiing or any other sports, you will find programs listed in this section and information on how to get involved!

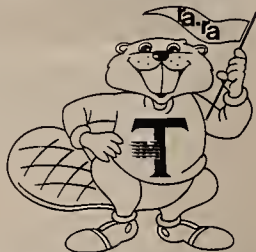
Our staff offer the opportunity to discuss your concerns, new ideas and our existing or planned programs with you.

Three Cheers for Volunteers

The staff at the University of Toronto Recreation Section would like to take this opportunity to **THANK** all the **VOLUNTEERS** involved in the Intramural Program for their outstanding efforts in the field of recreation.

Volunteers are our driving force. Without your willing involvement, valued assistance and service, many of the leisure opportunities we all enjoy would not take place.

Please inquire at the Recreation Office, main floor of the Athletic Centre, for volunteer opportunities. Telephone: 978-3441.



Mental Toughness, Poise, Confidence, Integrity, Motivation, Knowledge

What do all these traits have in common?

First, they are all necessary to be a successful sports official. Second, they will be among the topics of discussion at a very special general sports official clinic held by the University of Toronto Department of Athletics and Recreation!! As a guest speaker we have invited Bob Nadin who is Referee-in-Chief of the C.A.H.A. and is qualified to officiate in the N.H.L.

Also on the list of topics is officiating as a career and a brief film will be shown which will demonstrate the do's and don'ts of officiating.

This clinic will allow the experienced official to get that extra edge and offer the inexperienced a view of what officiating is all about.

When: Tuesday, January 21, 1986
6:00 - 7:30 p.m.

Where: Benson Building Board Room

Cost: FREE

Please direct any inquiries to the Recreation Section, Room 1050, Telephone 978-3441

REC CASUAL RECREATION

Facilities are available for drop-in activity or reservation. Schedules may vary, thus check the recreation bulletin boards for latest information.

BADMINTON:

Reserve on Wednesdays from 5:30 - 7:30 p.m. for courts in Sports or Upper Gym. Courts normally available each day.

BASKETBALL:

Pick-up time available in the Field House.

JOGGING:

Indoor track	- Field House	- 8 laps to a mile
Outdoor track	- Varsity Stadium	- 4 laps to a mile
	- Back Campus	- 3.25 laps to a mile
	- Front Campus	- 3 laps to a mile

SKATING:

Recreational time at Varsity Arena following all Blues home games.

Outdoor skating through Toronto Parks and Recreation at Robert Street Rink- south of Bloor, west of Spadina.

SQUASH:

Reserve 1 day ahead, beginning at 7:30 a.m.
Coventry Cup squash tournament

- Open to all
- Various categories of play

SWIMMING:

Regular recreational hours in 25 yd. or 50 m pool.

TENNIS:

Limited times available - Reserve on Wednesdays from 5:30 - 7:30 p.m. for courts in the Field House. Courts normally available each day.

Recreational Swimming Schedule



WEEKDAY SCHEDULE

Morning Swim: 7:00 a.m. - 8:55 a.m.
Location: Monday to Thursday, 25 yd pool; Friday - 50 m pool

Lunch-time Swim: 11:10 a.m. - 3:00 p.m.
Location: Monday, Wednesday, Friday - 50 m pool
Tues. & Thurs.
- 11:10 a.m. - 12 noon, 25 yd pool
- 12:10 p.m. - 3:00 p.m., 50 m pool

Afternoon Swim: 4:00 p.m. - 7:00 p.m.
Location: Monday to Friday, 25 yd pool

Night-time Swim: 9:10 p.m. - 11:00 p.m.
Location: Monday - Friday, 50 m pool

WEEKEND SCHEDULE

Saturday and Sunday: 12:10 p.m. - 4:00 p.m.
Location: usually 50 m pool (unless posted otherwise)

SWIMMERS ARE ADVISED TO CHECK THE REC SWIM NOTICE BOARD IN THE MAIN LOBBY, OUTSIDE THE SPORTSTORE FOR ANY CHANGES TO THIS SCHEDULE.



Where To get Recreation Program Information
Intramurals, Co-Eds, Clubs, Casual, College Sports
Bulletin Board Location and Intramural Sports Committee Reps.



COMMERCE
Men's Reps: Lloyd McParlane

DENTISTRY
Outside Men's and Women's Locker Rooms
Men's Reps: Paul Andrew
Women's Reps: Brenda Hodgkinson

DEVONSHIRE
Residents Floor Bulletin Board
Men's Reps: Ken Allon

EMMANUEL
Upstairs Student Lounge
Men's Reps: James Griffin

ENGINEERING
Gabraith Bldg. Outside Rm 149
Men's Reps: Michael Wald
Women's Reps: Shaughnessy McFarland

ERINDALE
Athletic Office
Men's Reps: Tom Wicks
Women's Reps: Danielle Hurst

FELT
Beids Lower Gym
Men's Reps: TBA
Women's Reps: TBA

FORESTRY
Student Common Room
Men's Reps: James Cummins
Women's Reps: Patricia Thomson

GRAD STUDIES
Graduate Students Union Building
Men's Reps: TBA
Women's Reps: Becky Prokipspek

DNVH
Lounge Inside Entrance
Men's Reps: Mike Zyd
Women's Reps: Shantel Fernando

KNOX
Front of Dining Hall
Men's Reps: Graham Reside
Women's Reps: Holly Higgins

LANDSCAPE ARCHITECTURE
Rum Spence
Men's Reps: TBA
Women's Reps: Kristy Ross

L.A.W.
Classroom Area
Men's Reps: Chris Augustin
Doug Marshall
Women's Reps: Victoria Weston

MANAGEMENT STUDIES
Cafeteria in basement and on 2nd floor opposite Room 216
Men's Reps: Dave Archibald
Women's Reps: Lonya Juchymenko

MEDICINE
Near M.S.S. Office
Men's Reps: Dave Lowe
Women's Reps: Ellen Grant

MUSIC
Near Students' Common Room
Men's Reps: TBA
Women's Reps: Andrew McKenna

NEW
Residents Floor Bulletin Board
Men's Reps: Rob Rayeroff
Women's Reps: Nancy Wong

NURSING
Outside Students' Common Room
Men's Reps: Valodie Olley
Cathy West
Women's Reps: Julie Keon

PHARMACY
Student Rm near Rm 102
Men's Reps: Mark D. Fatum
Women's Reps: TBA

PBR
Men's Reps: TBA
Women's Reps: TBA

PHIL LOUNGE
Art Machine
Men's Reps: TBA
Women's Reps: TBA

REHAB MEDICINE
Main Floor Near Lockers
Men's Reps: TBA
Women's Reps: TBA

SCARBOROUGH
Athletic Office
Men's Reps: Greg Ward
Women's Reps: TBA

ST. HILDA'S
Near Dining Room
Men's Reps: TBA
Women's Reps: TBA

ST. MICHAELS
Office in Student Centre
Men's Reps: TBA
Women's Reps: TBA

TRINITY
The Buttery
Men's Reps: TBA
Women's Reps: TBA

UNIVERSITY
Junior Common Room
Men's Reps: TBA
Women's Reps: TBA

VICTORIA
Burwash Hall Cafeteria Entrance
Men's Reps: TBA
Women's Reps: TBA

WOODSWORTH
Cafeteria
Men's Reps: TBA
Women's Reps: TBA

WYCLIFFE
Mail Room off Foyer
Men's Reps: TBA
Women's Reps: TBA

The Spring Issue of Athletic Centre News
with complete April - August 1986 schedules
will be available on campus in mid-April

RECREATION



COEDS

The Co-ed Intramural Program provides opportunities for Athletic Centre members to participate in a variety of loosely structured sports programs. Modified playing rules have been adapted to accommodate male and female participation on a team and no official scores, points or standings are recorded. Teams are entered by the College/Faculty representatives at the Organizational Meetings. Where there is no representative, individual entries are accepted at the Organizational Meetings. The Co-ed sports are designed for social interaction and enjoyment.



CLUBS

BADMINTON CLUB

A recreation program providing an opportunity to play and meet other badminton enthusiasts.
Meets 8-11 pm, Fridays 9-11 pm, Saturdays 2-6 pm,
Location: Upper Gym

Fee \$10.00
Richard Au

BALLROOM DANCE CLUB

An opportunity to practice your skills and exchange ideas.
Two Friday evenings/month-TBA (check schedule in Rec. Office)

Fee \$5.00
Tet Hia Yoo

BOXING CLUB

Serious training in this age old sport.
Tuesdays 8-10 pm, Fridays 7-9 pm, & other evenings TBA

Fee TBA
Jack Whiteside

CURLING CLUB

Learn, compete and socialize in one of Canada's oldest sports.
Sundays 7-9 pm
Location: Royal Canadian Curling Club

Fee \$60.00
Lynda Hoff

JUDO CLUB

Learn and/or advance your skills in this age old art of self defense.
Tuesdays and Thursdays 5:30-7 pm, Saturdays 2-4 pm
Location: Hart House

Fee \$45.00
Charlotte
Preston-Smith

KARATE CLUB

Classes aimed at all skill levels from beginner to black belt and socials such as the celebration of Japanese New Year.
Tuesdays and Fridays 5-7 pm
Saturday 2-4 pm
Location: Hart House

Fee \$10.00
Diondre MacDonald

KENDO CLUB

The art of Japanese fencing - an exciting and challenging activity for beginners through advanced.
Thursdays 7:15-9:15 pm, Saturdays 10-12 noon

Fee \$25.00
David Johnson

SYNCHRONIZED SWIMMING CLUB

Learning and improving skills can be achieved through the recognized test levels.
Tuesday 8:30-9:00 pm, Saturdays 1:00-4:00 pm

Fee \$30.00
Susan James

WHITEWATER CLUB

Indoor pool instruction and practice for both recreational and competitive canoeing and kayaking.
Tuesdays, Thursdays, Fridays 9-11 pm
Location: Benson Pool

Fee \$15.00
Susan Mueller



SPORT	ACTIVITY	ENTRY MEETING	WHERE	SCHEDULE
BADMINTON	-team doubles -tournament -mixed pairs -3 guys, 3 girls	T Feb 25 12 noon, Bld Rm	UG	F Feb 28 6:30-11 pm
BASKETBALL	-league play -6 players -3 guys, 3 girls -modified rules	Schedules have started Entries are still accepted in Recreation Office until Jan. 10	PH	M Jan. 13 to R Feb. 27 MTWR, 6-8 pm
BIDONBALL	-tournament play -5 players -minimum 2 girls	Entries are still being accepted for Co-ed Basketball Tournaments at Robert Street Rink	TBA	F Jan 10 F Jan 17 F Feb 7 F Feb 14
CURLING**	-mixed bouspiel -2 guys, 2 girls	W Jan 15 12 noon, Bld Rm	TER	F Jan 24, 7-11 pm
SUPERSTARS	-team tournament -4 guys, 4 girls -variety of events	T Mar 4 12 noon, Rm 2007	PH & 25 yd.	T Mar 11, 6:30-11 pm

LEGEND:

AC -ATHLETIC CENTRE
SQ -SPORTS GYM
TER -TER TERRACE

** -Entry Fee

PH -FIELD HOUSE
UG -UPPER GYM



232 Bloor Street West
927-7770

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Registration Week

January 14 - 17, 1986 - Athletic Centre

<u>SPORT:</u>	Tuesday, January 14 & Wed., Thurs., Fri., January 15, 16, 17	Main Foyer Main Foyer	5:00 pm - 6:30 pm 10:00 pm - 4:00 pm
<u>DANCE:</u>	Wednesday, January 15 & Thurs., Fri., Jan. 16, 17	Main Foyer Main Foyer	5:00 pm - 6:30 pm 10:00 pm - 4:00 pm
<u>AQUATICS:</u>	Thursday, January 16 & Friday, January 17	Main Foyer Main Foyer	5:00 pm - 6:30 pm 10:00 am - 4:00 pm

CLASSES END WEEK OF MARCH 24 - 28
(with a few exceptions as indicated)

See following pages for further details ...

Aquatics Classes

All courses in the Aquatics Instruction Program are open to University of Toronto students and other Athletic Centre members. The certification courses are open to both members and non-members. Whether you wish to learn to swim (in Basic to Advanced Swim) or to become a certified lifeguard (in Bronze Cross or RLSS), we have the course for you. Also, you may wish to enroll in our challenging and rewarding instructor School to become a certified Red Cross and Royal Life Saving swimming instructor. Our program includes special interest activities such as Springboard Diving, Scuba Diving and Parent and Tot swimming. For the fitness-conscious swimmer we have our popular Swim Fit, Stroke Improvement and Water Games and Sport courses. U of T is proud of its Instruction teaching staff, one of the finest in the country. Under the guidance of these excellent teachers, you will find that swimming in our superb pools is a most enjoyable, challenging and worthwhile experience.

ELEMENTARY TO ADVANCED SWIMMING LESSONS

The Athletic Department offers everyone from the "first-time" beginner to the experienced advanced swimmer a comprehensive learning progression that incorporates both the Red Cross and Royal Life Saving Society Learning Approaches. The "progress at your own rate" philosophy of the Red Cross program has made it a favoured approach to learning the various swimming strokes, improving endurance and reviewing water safety knowledge. The optional Royal Life Saving Society aspect of our program emphasizes self rescue, rescue of others and "rescuing fitness" and exemplifies the Society's Slogan: reach, throw, row, go, tow.

BASIC SWIM

(Yellow, Orange, Red Levels) Max: 13, Min: 8 Fee: \$24.00

To familiarize the candidate with the fundamentals of swimming and water safety through sound orientation and progression through the introductory Red Cross swimming levels. This course is appropriate for those who have not taken swim lessons previously or those who are apprehensive in the water.

32401	Monday & Wednesday	11:00-12:00pm	25 yd pool	Ristok
32402	Monday & Wednesday	12:00-1:00pm	25 yd pool	Ristok
32403	Monday & Wednesday	7:00-7:40pm	25 yd pool	Smithies
32404	Tuesday & Thursday	2:00-3:00pm	25 yd pool	Weat

PROGRESSIVE SWIM I & II (Maroon, Blue Levels) Max: 16, Min: 8 Fee: \$24.00
This course will introduce participants to the front and back crawl swimming strokes as well as provide candidates with training and skills in deep water survival techniques.

33401	Monday & Wednesday	11:00-12:00pm	25yd pool	Edwards
33402	Monday & Wednesday	1:00-2:00pm	25yd pool	Ingils
33403	Tuesday & Thursday	1:00-2:00pm	25 yd pool	Graham

PROGRESSIVE SWIM III (Green, Grey Levels) Max: 16, Min: 8 Fee: \$24.00
& Life Saving I)

The student is introduced to elementary back stroke and breast stroke and continues to perfect the other strokes and skills already learned. The student is taught the techniques of shallow and surface dives and increases his/her knowledge of safety. Participants have the option to learn the elementary principles of self rescue and the initial techniques in the rescue of others.

33451	Monday & Wednesday	1:00-2:00pm	25yd pool	J. Merikie
33452	Tuesday & Thursday	12:00-1:00pm	25 yd pool	Ristok

ADVANCED SWIM (White Level) Max: 16, Min: 8 Fee: \$24.00
& Life Saving II)

Advanced Swim is an excellent course for those who have mastered the Grey level and for those who "used to be good swimmers" but whose skills may now be a bit "rusty". Whether you wish to tone up your swimming strokes or skills to "get back in the swing" or to lead into lifesaving courses such as Bronze, this course is for you. For those participants who are interested, an introduction to "defensive" rescue techniques, first aid and surface dives is provided in the Lifesaving II award.

34001	Tuesday & Thursday	12:00-1:00pm	25 yd pool	Graham
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WATER FITNESS

WATER GAMES & SPORT

Max: 30, Min: 15 Fee: \$10.00

This course is designed for the fun-loving. Explore introductory water polo, innertube water polo, water-basketball and volleyball, synchronized swimming and a host of other interesting water games and sports. Students will be introduced to the different sports skills involved in their choice of a wide variety of water activities. Enjoy this relaxed, "playful" approach to learning, fitness and fun. Take this excellent opportunity for a pre-weekend 60 minute (triple the fun of the 20 minute) workout.

Pre-requisite: Ability to swim continuously for (at least) two lengths of the pool.

40401	Friday	1:00-2:00pm	25 yd Pool	Ristok
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STROKE IMPROVEMENT Maximum: 16, Minimum: 10 Fee: \$24.00

This course enables you to learn the swimming strokes and skills at your own level. Classes will include group instruction in front and back crawl, elementary backstroke, breaststroke and an array of aquatic entries, skills and survival techniques. The instructor will incorporate special learning requests into the lessons.

Pre-requisite: Ability to swim continuously for (at least) two lengths of the pool.

39401	Monday & Wednesday	12:00-1:00pm	25 yd Pool	Edwards
39402	Tuesday & Thursday	1:00-2:00pm	25 yd Pool	Ehrlich
39403	Monday & Wednesday	7:00-7:40pm	25 yd pool	Ehrlich

INTRODUCTORY SWIM FIT Max: 25, Min: 10 Fee: \$24.00

If you can swim (ten or more lengths comfortably) and seek a new endurance fitness challenge, swim your way to fitness in this course. Various training methods will be introduced and the competitive strokes, turns and skills will be taught. The opportunity to earn a Gold, Silver or Bronze level in the Royal Life Saving Society's Life Saving Fitness Award will be provided.

Note: The last class in this course will be April 3rd.

38401	Tuesday & Thursday	3:00-3:55pm	50m Pool	Weat
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ADVANCED SWIM FIT Max: 25 daytime, Max: 18 evening Fee: see below

This level will emphasize practical taught in the introductory course with an increased emphasis on endurance and speed. Students may also participate in the ESSO Swim Canada awards system which recognizes and rewards various achievements in technique (strokes, starts and turns) and speed (through age-related time standards).

Pre-requisite: Previous Swim Fit course or strong swimming background with knowledge of competitive swimming skills.

Note: The last class in this course will be the week of March 31st - April 4th.

38451	Mon./Wed./Fri.	12:00-1:00pm	50m Pool	Lyne
38452	Monday & Wednesday	7:40-8:40pm	25yd Pool	Wright

CERTIFICATION COURSES

These higher level courses are open to members and non-members. They are designed for prospective lifeguards and swimming instructors as well as for those swimmers who wish to challenge themselves and further upgrade their water skills and safety knowledge. Students wishing to become certified must attend regularly.

BRONZE CROSS Max: 20, Min: 12 Fee: Members \$35.00 Non-members \$45.00

This course challenges the candidate's capacity to respond in a variety of aquatic emergencies. The emphasis is on life saving procedures and techniques in unusual situations (solo rescue, multiple victims) and on using special equipment (mask and snorkel). The Ontario government has recently established the Bronze Cross award as the minimum requirement for lifeguarding in this province. Bronze Cross training prepares the candidate for participation in the National Lifeguard Service course.

Pre-requisite: Bronze Medallion and Senior Resuscitation.

Note: The last class in this course will be April 1st.

43401	Tuesday	7:00-8:00pm	25yd pool	Eisenberg
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NATIONAL LIFEGUARD SERVICE Fee: Members \$60.00 Non-members \$70.00
To qualify the candidates as pool lifeguards and supervisors. This interesting course includes life saving techniques, facility maintenance and the use of specified rescue and resuscitation techniques.

Pre-requisite: Bronze Medallion and Bronze Cross. Course Max: 25 Min: 15
R.L.S.S.C. course material (Alert!) will cost each student an additional \$10.00.

Note: The last class in this course will be April 2nd.

44401	Wednesday	6:30-10:30pm	6:30-Benson Pool, Lect Rm.	Atkinson
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INSTRUCTOR SCHOOL (CRC & RLSSC) Fee: Members \$75.00 Non-members \$55.00

This course introduces students to the principles of learning and teaching aquatic strokes, skills and safety education. Instructional methods, learning progressions, games for teaching, rescue methods and class safety concerns will be covered. Through interesting lectures, films, practice teaching and individual participation students will be encouraged to explore effective methods of teaching and evaluating individuals. The primary emphasis in this course is to learn to teach and not to improve one's own swimming skills.

Pre-requisite: CRC Leaders Award and RLSSC Bronze. Course Max: 25 Min: 20
For those who do not have these courses materials there will be an additional cost.

RLSSC (new volume II) about \$50.00 CRC (OCR) \$15.00

Note: A "courses interested list" is being kept at our office. Please call 378-3438 now to indicate your interest in registering for this course.

Note: The last class in this course will be April 7th.

45401	Monday	6:30-10:30pm	6:30-Benson Pool, Lect. Rm.	Martin
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SPECIALIZED WATER ACTIVITIES

N.A.U.L. SCUBA DIVING Maximum: 30, Minimum: 17 Fee: Members \$110.00

Non-members \$149.00

This course includes training in basic Scuba diving skills, emergency procedures for open circuit SCUBA, equipment use and maintenance, an introduction to the underwater environment and basic diving theory. Open water sessions are arranged. Each successful participant will be granted a diver certification by N.A.U.L.

Pre-requisite: Skin Diving or RLSSC Instructor Certification and Bronze Cross or by special permission of the instructor.

Participants must supply their own masks, fins, snorkels and weight belts.

Registration fee includes \$15.00 examination fee. Jeppesen's, Sport Diver Manual and Workbook, will cost participants an additional \$13.00.

Note: The last class in this course will be April 2nd.

37401	Monday & Wednesday	1:00-2:00pm	Mon: 50m pool	Dowkes
37402	Wednesday	6:00-8:00pm	Wed: Benson Pool Lect. Rm.	Dowkes

SPRINGBOARD DIVING Maximum: 15 Minimum: 8 Fee: \$24.00

If you are looking for a challenge that has a good deal of fun mixed in, don't miss this course! The purpose of the course is to provide instruction in the basic skills of diving as well as to encourage the student to increase his/her repertoire of dives.

Instruction will be adjusted to the level of individual students; therefore, students of all levels are encouraged to register.

Pre-requisite: Students should be comfortable swimming in deep water.

35401	Monday & Wednesday	2:00-3:00pm	50 m pool	Miller
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Aquatics Clinics



WINTER 1986

National Lifeguard Recertification

Date: Sat. March 8, 1986
Time & Place: 12-4pm, 15yd pool
Cost: Members - \$20.00
Non-members - \$25.00

Bronze Bar or Bronze Cross Bar Clinic

Date: Sat. March 29, 1986
Time & Place: 12-4pm, 25yd pool
Cost: Men's - \$10.00
Non-members - \$15.00

SPRING 1986

CRC/NLSC Instructor Recertification

Date: Sat. May 17, 1986
Time & Place: 10-12pm, Benson Building,
3rd Floor Lecture Room 394
12-4pm, 25yd pool
4-5pm Benson Building, 3rd Floor
Lecture Room 394
Cost: Members - \$24.00
Non-members - \$29.00

CLINIC REGISTRATION INFORMATION

Register in person at:
University of Toronto, Athletic Centre
55 Harbord Street, Toronto
Main Office - Instruction counter

Registration Starting Dates: Jan 14

Registration Office Hours: 10 am - 4 pm

Note: Payment of fees due upon registration. There is an administrative fee of \$5.00 for cancellation more than one week before the clinic. **NO REFUNDS** are issued one week or less before the clinic.

You must bring appropriate proof of certification when you register & when you attend the clinic.
***These clinics have limited enrollment to register early! First come - First served.

FAMILY SWIMMING LESSONS

PARENT & TOT Max: 10 Min: 6 Fee: \$17.00

Enjoyment of the aquatic environment, water orientation and elementary swimming skills are emphasized in this course for children aged 6 months to 3 years. (Each child must be accompanied by an adult in the water.) With the instructor's guidance, the parent will work his/her child through the Turtle, Frog and Fish learning progression. These U of T awards gradually introduce skills that lead into the Red Cross Learn to Swim Program. Through play, games and instruction you will teach your child flotation, breath control and movement through the water.

30401	Monday & Wednesday	10:00-10:30am	Teach Pool	Weet
30402	Monday & Wednesday	10:30-11:00am	Teach Pool	Weet
30403	Monday & Wednesday	5:30-6:00pm	Teach Pool	Burton
30404	Monday & Wednesday	6:00-6:10pm	Teach Pool	Burton

TOT TOTIS ONLY Max: 10(2 instructors) Min: 4(1 instructor) Fee: \$24.00

"Graduates" of the Parent and Tot program progress to new levels of swimming achievement. The child now learns to participate and progress on his/her own, becoming completely comfortable in the aquatic environment. Pupils work through the Red Cross Learn to Swim program mastering the Yellow and Orange level skills and eventually the shallow water skills of the Red level. Basic safety skills, propulsive movements and preparation for deep water experience are introduced by highly qualified instructors who relate well to each child's abilities. Pre-requisites: Children a minimum of 1 metre tall between 3 & 7 years old, (previous swimming experience preferred) or children a minimum of 1 metre tall 21 years old with the U. of T. "Fish" award.

30451	Monday & Wednesday	6:30-7:00pm	Teach Pool	Burton/Ehrlich
30452	Monday & Wednesday	7:00-7:30pm	Teach Pool	Burton/Sears



Dance Classes



The University of Toronto offers a wide variety of dance opportunities. It is a program for those interested in dance, not as a lifetime career, but as a lifetime pursuit. For those who know the wonderful personal feeling that comes from a dance class of your liking, there is a wide range of experiences available: - many different dance forms, different levels of ability, different teachers, different times of day and evening.

For those who have never experienced dance, this is an ideal program. There are lots of classes to choose from, but more importantly there is an openness and even eagerness to take you as a beginner and introduce you to the wonderful world of dance.

We have regular classes in jazz, ballet, modern and ballroom and many different specials with guest teachers. A few of our classes are open to non-members so bring your friends.

BALLET Fee: \$25.00 **OSCO BALLETROOM** (class minimum 40) Fee: \$20.00

Level I (class minimum 24)

Ballet is the classical dance training. However it is also an excellent way to work your body and get a sense of moving through space, and to become aware of correct foot and leg movement for efficient locomotion. It is a demanding controlled technique, but has joy and vitality, and a rich sense of tradition.

50401	Monday & Wednesday	12:00-1:00pm	Dance Studio	Valentini
50402	Monday & Wednesday	1:00-2:00pm	Dance Studio	Neill
50403	Tuesday & Thursday	12:00-1:00pm	Dance Studio	Neill

Level II (class minimum 24)

A development of Level I Ballet, with more advanced barre technique and a greater variety of enchainements in centre work.

50451	Wednesday	5:00-6:30pm	Dance Studio	Neill
50452	* Saturday *	12:00-1:30pm	Dance Studio	Neill

*Saturday class only - open to Members and Non-members - Fee: Non-members \$35.00

BALLROOM Fee: see below

Level I (class minimum 24)

Acquire the social skill that enables you to whirl around the room in the arms of that special someone, or really dig the beat of the latest hit record. Fast and slow couple dances will make up the content of this course. You do not need a partner to join. Come and learn to dance!

51401	Monday & Wednesday	2:00-3:00pm	Studio	Fee: \$20	Malenfant
51402	Monday & Wednesday	3:00-4:00pm	Salle	Fee: \$20	Davis
51403	Tuesday & Thursday	11:00-12:00pm	Studio	Fee: \$20	Davis
51404	Wednesday	5:00-6:00pm	U. Gym	Fee: \$16	Moore
51405	Wednesday	6:30-8:00pm	Studio	Fee: \$20	Moore

Level II (class minimum 24)

If you feel you have the basic steps of Ballroom, try this class. It will enable you to practice new steps and combinations, and really develop your leading and following skills.

51451	* Tuesday *	7:30-9:00pm	Studio	Fee: \$20	Moore
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*Open to members and non-members - Fee: non-members \$35.00

Learn to move with rhythm and ease on the dance floor. If you can walk, you can dance. Loosen up - set your spirit free and join us. Learn a variety of Ballroom and Disco steps as well as easy line and group dances using ballroom steps.

54401	Friday	7:00-9:00pm	Dance Studio	Davis
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BOOY HARMONY AND DANCE (class minimum 10) Fee: \$20.00

Understanding how the body functions in stillness and in motion enables one to reduce tension and release tight restricting habits. If you are interested in discovering more about your body and yourself and learning how to move more effectively, this class is for you.

52401	Tuesday & Thursday	9:00-10:00am	Dance Studio	Davis
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JAZZ (class minimum 24) Fee: \$20.00

Jazz is the dance form that everybody loves. It is rhythmic, energetic, lively and lots of fun. It is also good body training and good rhythm training.

54401	Monday & Wednesday	9:00-10:00am	Dance Studio	Neill
54402	Monday & Wednesday	10:00-11:00am	Dance Studio	Neill
54403	Tuesday & Thursday	1:00-2:00pm	Dance Studio	Neill
54404	Tuesday & Thursday	4:00-5:00pm	Dance Studio	Neill

Level II (class minimum 24)

Level II is for dancers with some experience who can work on more complicated patterns and combinations. Jazz dance allows for great freedom and stresses the rhythm and energy of the music.

56452	*Saturday	(1:30-3:00pm)	Studio	Fee: \$10.00
*Saturday class only - open to Members and Non-members - Fee: Non-members \$35.00				
MODERN DANCE (class minimum 20)				Fee: \$20.00

*Saturday class only - open to Members and Non-members - Fee: Non-members \$35.00

MODERN DANCE (class minimum 20) Fee: \$20.00

Modern dance is that form of theatre dance which is not limited by the traditions of ballet or the propulsive energy of jazz. It allows for personal development in dance regardless of body type. Control, using the body efficiently with style, and the joy of moving are stressed. Technique and dance combinations will make up the class. Modern dance will help you use your body in a more efficient and pleasurable way and will help you understand how dance is made from movement.

59401	Monday & Friday	1:00-2:00pm	Fencing Salle	Davis
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Dance Specials

"AFRO JAZZ" with Emerita Emerencia Fee: Members \$28.00 Non-members \$45.00

Afro Jazz is a form of movement which draws its philosophy from traditional African life where dance is considered a part of everyday living. This basic, expressive, rhythmic movement is adapted and influenced by Latin, Brazilian and Modern Jazz styles to produce a movement form that is dynamic and exciting, yet earthy and real. Emerita's teaching is direct and effective and appeals to any level of dance skill from novice to professional. The class consists of a warm-up and stretching that activates all parts of the body. It then moves to invigorating combinations in Afro Jazz styles which are combined with cultural history, enjoyment and lots of energy.

55401 Friday 5:30-7:00pm Dance Studio Emerencia

CONTEMPORARY DANCE TECHNIQUE

Fee: Members \$28.00 Non-members \$45.00

A wonderful workout for your body. Darcy explores contemporary dance technique in an extremely satisfying way. He helps you to understand how to use your body more efficiently and with greater pleasure. Darcy Callison is a new young independent dancer recently arrived in Toronto. He has completed a Master's degree from Simon Fraser dance program and is very interested in teaching as well as choreographing.

64401 Fridays 12:00-1:30pm Dance Studio Callison

"DANCE COMPOSITION" with Vera Davis

Fee: Members \$20.00

The experience of working creatively with the elements of dance is very satisfying. Ms. Davis explores with the students sources of motivation for dance and ways of putting dances together. In this course, individual and group improvisations are used to develop aesthetic elements of dance for artistic expression, an exhilarating experience in a friendly atmosphere. There are also opportunities to perform, if you wish, in the "Evening of Dance" performance in April. Discover yourself through dance.

53401 Thursday 7:30-9:30pm Dance Studio Davis

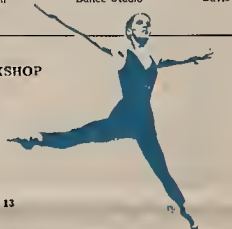
DANCE THEATRE WORKSHOP

series with

VERA DAVIS

Thursdays 7:30 - 9:30 p.m.

Two Workshops: January 30 & February 13



This series of workshops called "Drawing The Line: Visualizing The Arts in Dance Theatre" with Vera Davis is an opportunity to explore, in a friendly non-threatening way, some aspects of dance, theatre, yourself, creating, expressing, doing and thinking through movement. See the flyer available for further details.

Registration: Athletic Centre, Main Office,
Instruction Center - weekdays 10 am - 4 pm

Fee: Individual Workshop: \$4.00 members
\$6.00 non members

"FELDENKRAIS" with Donald Himes Fee: Members \$28.00 Non-members \$45.00
Awareness through Movement

"We are going to change many of the habitual things which interfere with your realizing a better use of yourself."

With these words Moshe Feldenkrais describes his approach to body re-education. He believes the body needs re-education because we have grown up to accept faulty motor and co-ordination patterns, restricted joints and inflexible spines.

This class will provide each person with more accurate data on how his or her body functions. It will help bring habitual motor patterns to conscious attention establishing easier breathing patterns, freer body movement and a more relaxed state of body and mind. It stresses attention and concentration.

For the performer locked in stereotyped movement patterns or injured as a result of congenital or acquired movement problems or for the person who desires fresh perceptions and new responses to movement, the Feldenkrais approach to body re-education, can be richly rewarding.

Classes will be taught by Donald Himes, a Toronto dance teacher with complete Feldenkrais certification. Donald is a superb teacher who can help you discover yourself. The class is open to members and non-members. If you are interested in learning more about your body and yourself this class is for you.

62401 Monday 6:30-8:00pm Dance Studio Himes

"FLAMENCO DANCE CLASS" with Claudia Carolina

Fee: Members \$28.00 Non-members \$45.00

The beautiful and dynamic dance of sunny Spain, the lyrical arm movements, the stamping feet, the exotic rhythms - these are the elements that Claudia Carolina weaves together to give you an interesting and enjoyable dance experience. Claudia is a professional Flamenco dancer who has lived and worked in Spain. She is a delightful teacher who will help the absolute beginner and the trained dancer experience the Flamenco fantasy!

58401 Friday 10:30-12:00noon Dance Studio Carolina

"FLAMENCO DANCE PERFORMING GROUP" with Claudia Carolina

Fee: Members \$24.00 Non-members \$45.00

If you saw the "Evening of Dance" last year you saw Claudia perform. It was wonderful and exciting! You can be a part of that performance by taking this class. Claudia will work on pieces to show in the "Evening of Dance" this April. But it is also another chance to experience excellent dance training in the Flamenco style.

58451 Wednesday 8:00-9:30pm Dance Studio Carolina



MARTHA GRAHAM

DO YOU KNOW HER?



MODERN DANCE: GRAHAM TECHNIQUE Fee: Members \$50.00 Non-member \$73.00

Martha Graham is considered by many to be the greatest modern dancer of all time. She developed a totally new way of training the body that is quite different from ballet. This is an opportunity to experience the exciting and dynamic Graham Technique. Norrie Drummond is a Toronto Dance teacher well respected in this dance community. She has taught at all of the major Toronto dance studios. Find out about dance and the Graham Technique.

68401 Tuesday & Thursdays 9:15-10:45am Fencing Salle Drummond

STRETCH AND STRENGTH: NICKOLAUS TECHNIQUE

Fee: Members \$28.00 Non-members \$45.00

The Nickolaus technique is a balanced series of exercises designed to strengthen the body's large muscle groups and to promote flexibility in the joints- basic needs of all dancers. Special emphasis is placed on breathing; a deep controlled flow of air increases lung capacity and improves the supply of oxygen to the muscles. The main objective is to remove stress from the spine and to correct postural problems.

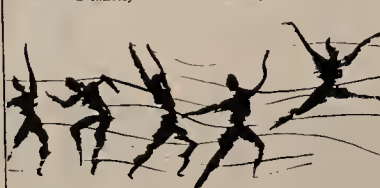
This is a class that will significantly increase body awareness and thus one's ability in dance technique. It is an excellent complement to dance and to any fitness program.

66401 Mondays 5:00-6:30pm Dance Studio MacDonald

"RHYTHM AND BLUES" with Debbie Neill Fee: Members \$25.00

Welcome to half-time at the Blues basketball games! Maybe you would like to entertain the spectators? A jazz group will be working on dance numbers that will be performed at the basketball games. Debbie Neill, a talented dancer and performer herself, will work with the group and choreograph dances that you will perform. The group will also participate in the "Evening of Dance" performance. Come and have fun and an exciting time performing. See yourself in an exciting array of costumes with different styles and colours.

83401 Tuesday & Thursday 6:30-7:30pm Dance Studio Neill



"EVENING OF DANCE"

April 4, 1986

at the

George Ignatieff Theatre

A dance performance of student works for relatives and friends.

WON'T YOU JOIN THE DANCE ?

U of T offers an opportunity for those who missed the joys of dance as a child to experience it as an adult. If you've thought you'd like to try it but could never find the right class at the right time, TRY OUR PROGRAM !!!

It offers a great many classes to the adult beginner. You'll never have a better (or cheaper) opportunity to try that ballet class you've often thought about (or modern, or jazz, or composition, or performance, or, or, or)



Sport Classes



"DISCOVER A NEW SPORT AT U OF T"

Here is your chance to try a sport that has always interested you. U of T offers you a wide variety of sports taught by highly qualified instructors.

VARIETY

We are offering 12 sports this Winter ranging from the excitement of fencing to the relaxation of Yoga. Many of our sports are offered in a progression of skill levels, which help us create a relaxed learning environment for the students.

QUALITY

You will be learning from some of Canada's finest instructors who are known nationally and internationally in their sport. People such as, Dr. Burt Konzak of The Toronto Academy of Karate, Marj Shedd holder of 28 Canadian badminton titles, and a member of Canada's Hall of Fame, Ken Wood past president of The Canadian Fencing Association or Bill Whitcombe a member of the C.P.G.A. for 30 years and our resident golf pro.

VARIETY and QUALITY are what sport at U of T is all about!!

ARCHERY (class maximum 15)

Fee: \$29.00

ARE YOU ANOTHER ROBIN HOOD? FIND OUT!

This is beginners archery with an introduction to sight shooting and bare bow (shooting without a sight). The basic course covers stance, nocking the arrow, draw, anchor, aim, release and follow through. There will also be an explanation of other games that are played outside such as clout, field archery and archery-golf.

All equipment supplied.

70491	Monday & Wednesday	1:00-2:00pm	Archery Range	Whitcombe
70492	Tuesday & Thursday	12:00-1:00pm	Archery Range	Whitcombe

ARCHERY - GOLF COMBINATION COURSE (class maximum 15) Fee: \$29.00

Learn to shoot with both a bow and a club in this introductory course to archery and golf. The fundamentals of archery shooting with and without a sight, scoring and some novelty shooting, such as Archery Golf, Field Archery, Bow Fishing and others will be explained. The fundamentals of golf will be introduced, and the full swing for woods as well as irons and chipping, pitching and putting will be taught.

70451	Monday (Golf)	12:00-1:00pm	Archery Range	Whitcombe
	Wednesday (Archery)	12:00-1:00pm	Archery Range	Whitcombe

BADMINTON

Fee: \$20.00

THE FUN WAY TO FITNESS!

Badminton is a challenging fast paced game which demands quick thinking, good hand-eye co-ordination and fitness.

Level I (class maximum 12)

This beginners course emphasizes footwork, proper grip, stroke development, rules, etiquette, singles and doubles game strategy and a tournament. All equipment supplied.

71401	Monday & Wednesday	10:00-11:00am	Upper Gym	Hurlburt
71402	Wednesday & Friday	2:00-3:00pm	Upper Gym	Edwards

Level II (class maximum 15)

A course reviewing the footwork, grip, strokes, drills and rules. More time will be spent on singles and doubles games, play tactics and a tournament. All equipment supplied.

71451	Monday & Wednesday	4:00-5:00pm	Upper Gym	Hurlburt
71452	Tuesday & Thursday	12:00-1:00pm	Upper Gym	Shedd

Level III (class maximum 15)

Learn the finer points of badminton from Marj Shedd. This will be an advanced course for students who have taken Level II or are experienced players. All equipment supplied.

71481	Tuesday & Thursday	4:00-5:00pm	Upper Gym	Shedd
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FENCING

Fee: \$20.00

A GREAT CHALLENGE FOR THE PERSON THAT WANTS SOMETHING DIFFERENT! Students taking fencing at U of T are very fortunate to be taught by U of T's Varsity fencing coach Ken Wood.



Level I (class maximum 20)

An introduction to fencing with a demonstration of all weapons used in present day competitive fencing: foil, epee and sabre. The course will cover stretching exercises for the fencer, basic footwork and the skills of defending and attacking with the foil. Students will experience the fun, exercise and enjoyment of pitting their skills against other fencers in bout fencing.

All equipment supplied.

72401	Monday & Wednesday	11:00-12:00noon	Fencing Salle	Wood
72402	Monday & Wednesday	12:00-1:00pm	Fencing Salle	Wood

Level II (class maximum 20)

A refinement of technique and competitive strategies will be included at this level. Competitive opportunities in bout fencing and further work on judging techniques and knowledge will also be stressed.

All equipment supplied.

72451	Tuesday & Thursday	4:00-5:00pm	Fencing Salle	Wood
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GOLF

(class maximum 12)

Fee: \$20.00

TRY OUR NEWLY RENOVATED GOLF ROOM!

A great course for beginners or experienced golfers looking to improve their game. Personalized instruction from one of Canada's premier golf pros Bill Whitcombe, a member of the C.P.G.A. for 19 years, who will shape your full swing with his unique five position technique. Bill will make everyone comfortable with an introduction to equipment and terms before he teaches you every shot used in the game, even putting! All equipment supplied.

73401	Monday & Wednesday	5:00-6:00pm	Golf Cages	Whitcombe
73402	Monday & Wednesday	6:00-7:00pm	Golf Cages	Whitcombe
73403	Tuesday & Thursday	1:00-2:00pm	Golf Cages	Whitcombe
73404	Tuesday & Thursday	5:00-6:00pm	Golf Cages	Whitcombe
73405	Tuesday & Thursday	6:00-7:00pm	Golf Cages	Whitcombe

KARATE & SELF DEFENSE

(class maximum 30)

Fee: see below

YOU HAVE ALWAYS WANTED TO TRY IT. HERE IS YOUR CHANCE!

Karate-Do with an additional emphasis on self-defense. The programme is for both men and women and provides a strong foundation of physical conditioning as well as mental discipline. This course has been offered for over twelve years, producing many excellent black belts, both male and female, as well as receiving an excellent reputation and a high degree of media exposure throughout North America. Participation includes special lectures, workshops and outdoor training. The "Karate Training Farm" in Newford, Ontario integrates martial arts with outdoor activity including cross-country skiing, swimming and running. Instructors: Dr. Burt Konzak and a team of black belts and advanced members will be instructing the classes.

Level I

Fee: \$25.00

74401	Tuesday & Thursday	11:00-12:00noon	Fencing Salle	
74402	Tuesday & Thursday	2:00-3:00pm	Fencing Salle	
74403	Saturday	10:00-12:00noon	Archery Range	
74404	Saturday	12:00-2:00pm	Fencing Salle	

Level II

Fee: \$25.00

74451	Tuesday	12:00-2:00pm	Fencing Salle	
74452	Thursday	2:00-3:00pm	Fencing Salle	
74453	Saturday	10:00-12:00noon	Archery Range	
74454	Wednesday	1:00-3:00pm	Fencing Salle	

Level III

Fee: \$30.00

74481	Friday	4:00-5:00pm	Fencing Salle & Archery Range	
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BASIC SKATING/FIGURE SKATING

Maximum: 30

Fee: \$15.00

"CANADA'S GREAT WINTER SPORT"

This new program is attracting a lot of attention because of the variety it offers to the students. You will learn basic skating skills at your own pace and you will also be exposed to some figure skating moves that you will feel comfortable doing.

Skates not provided.

76403	Thursday	2:00-3:00pm	Varsity Arena	McKenna
76404	Thursday	3:00-4:00pm	Varsity Arena	McKenna



Sport Classes

SQUASH

*THE GAME OF THE 80'S TAUGHT BY CANADA'S PREMIER PLAYERS.

U of T is very fortunate in having several instructors who are currently ranked highly in Canadian Squash. Not only can they play but each has had years of teaching experience allowing them to pass on their expertise in an understandable way.

NEW CLASS TIMES.

You will now be able to progress through the squash levels without worrying about fitting different times into your schedule. There are several classes that will be offered at the same time both sessions with the second session being one level above the first. For example you can sign up for a Level I class first session at 11am and a Level II class second session at 11am.

Level I (class maximum 8) **Eye Protection Required** **Fees: \$12.00**
Learn the basics of this great game from the people that know it best. You will learn all the basic components of Squash; forehand backhand, service, return of service, rules and strategy. **Racquets and Balls supplied.** **Note - All classes held in Courts 4, 5 & 6**

First Session	(Commences - Jan. 20-24 Finishes - Feb. 24-28)	Second Session	(Commences-Mar.3-7 Finishes - Mar.30-Apr.4)
77401 Monday 11:00-11:40am*		77410 Monday 3:40-4:20pm	
77402 Monday 1:00-1:40pm*		77411 Wednesday 7:00-7:40pm	
77403 Monday 3:40-4:20pm		77412 Thursday 11:00-11:40am	
77404 Tuesday 11:00-11:40am*		77413 Thursday 4:20-5:00pm	
77405 Wednesday 11:40-12:20pm*		77414 Friday 1:00-1:40pm	
77406 Wednesday 7:00-7:40pm			
77407 Wednesday 8:20-9:00pm*			
77408 Thursday 8:20-9:00pm*			
77409 Friday 11:40-12:20pm*			

*These classes become level II at the same time second session.



SQUASH

Level II (class maximum 7) **Eye Protection Required** **Fees: \$12.00**
DON'T STOP AT LEVEL I.
This course is a continuation of the Level I program. It includes a review of Level I material, intermediate strategy and game play. Level I or 1 year playing experience is recommended. **Balls only supplied.** **Note - All classes held in Courts 4, 5 & 6**

First Session	(Commences - Jan.20-24 Finishes - Feb.24-28)	Second Session	(Commences - Mar.3-7 Finishes - Mar.30-Apr.4)
77451 Monday 11:40-12:20pm*		77460 Monday 11:00-11:40pm	
77452 Monday 4:20-5:00pm*		77461 Monday 1:00-1:40pm	
77453 Tuesday 7:00-7:40pm		77462 Tuesday 11:00-11:40pm	
77454 Wednesday 11:00-11:40am*		77463 Tuesday 7:00-7:40pm	
77455 Wednesday 12:20-1:40pm*		77464 Wednesday 11:40-12:20pm	
77456 Wednesday 7:40-8:20pm*		77465 Wednesday 8:20-9:00pm	
77457 Thursday 11:00-11:40am		77466 Thursday 3:40-4:20pm	
77458 Thursday 3:40-4:20pm		77467 Thursday 8:20-9:00pm	
77459 Friday 11:00-11:40am*		77468 Friday 11:40-12:20pm	

*These classes become Level III at the same time second session.

SQUASH

Level III (class maximum 7) **Eye Protection Required** **Fees: \$12.00**
LEARN THE FINE POINTS OF THE GAME FROM CANADA'S BEST!
This is a course for people interested in learning match play. Level II material will be reviewed with increased emphasis on drills, match play and advanced strategy. **Balls only supplied.** **Note - All classes held in Courts 4, 5 & 6**

First Session	(Commences - Jan.20-24 Finishes - Feb.24-28)	Second Session	(Commences - Mar.3-7 Finishes - Mar.30-Apr.4)
77469 Monday 12:20-1:00pm*		77476 Monday 11:40-12:20pm	
77470 Tuesday 3:40-4:20pm*		77477 Monday 4:20-5:00pm	
77471 Tuesday 7:40-8:20pm		77478 Tuesday 7:40-8:20pm	
77472 Wednesday 1:00-1:40pm*		77479 Wednesday 11:00-11:40am	
77473 Thursday 4:20-5:00pm		77480 Wednesday 12:20-1:00pm	
77474 Thursday 7:40-8:20pm		77481 Wednesday 7:40-8:20pm	
77475 Friday 1:00-1:40pm		77482 Thursday 7:40-8:20pm	
		77483 Friday 11:00-11:40am	

*These classes become Level IV at the same time second session.

SQUASH

Level IV "Matchplay" (class maximum 6) **Eye Protection Required** **Fees: \$12.00**
A follow up of Level III with concentration on matchplay and strategy. This class will help you improve your overall game and will give you a few pointers to help you beat an opponent. **Balls only supplied.** **Note - All classes held in Courts 4, 5 & 6**

First Session	(Commences - Jan. 20-24 Finishes - Feb.24-28)	Second Session	(Commences - Mar.3-7 Finishes - Mar.30-Apr.4)
77484 Tuesday 4:20-5:00pm		77488 Monday 12:20-1:00pm	
77485 Tuesday 8:20-9:00pm		77489 Tuesday 3:40-4:20pm	
77486 Thursday 7:00-7:40pm		77490 Tuesday 4:20-5:00pm	
77487 Friday 12:20-1:00pm		77491 Tuesday 8:20-9:00pm	
		77492 Wednesday 1:00-1:40pm	
		77493 Thursday 7:00-7:40pm	
		77494 Friday 12:20-1:00pm	



TENNIS

Fees: \$20.00

DISCOVER INDOOR TENNIS! BE READY FOR NEXT SUMMER!

Here is a great way to stay fit year round. With indoor tennis becoming very popular in Canada U of T is under constant pressure to increase its tennis program. This winter we are offering 4 levels of tennis and smaller class sizes! Come join the tennis "craz" at U of T.

*NB: There will be no class Friday, March 28 but there will be a make up class Wednesday, April 9 in the Sports Gym.

Level I (class maximum 18)

An introduction to the game of tennis. The basic skills, groundstrokes, volleys, beginner's serve, scoring and basic rules of the game will be taught. **Racquets and Balls supplied.**

78401 Monday & Wednesday	2:00-3:00pm	Sports Gym	Kilpatrick
78402 Tuesday & Thursday	10:00-11:00am	Sports Gym	Kilpatrick
78403 Tuesday & Thursday	1:00-2:00pm	Sports Gym	Haber
78404 Wednesday & Friday	12:00-1:00pm	Sports Gym	Edwards
78405 Wednesday & Friday	1:00-2:00pm	Sports Gym	Edwards

Level II (class maximum 14)

A continuation of Level I. Review of the basic strokes, with the introduction of the approach shot and lob. Drills to develop the tactical reasons for various strokes as applied to the doubles game will be covered. **Balls only supplied.**

78451 Monday	2:00-4:00pm	Field Hse. E2,W3	Edwards
78452 Monday & Wednesday	3:00-4:00pm	Sports Gym	Kilpatrick
78453 Tuesday & Thursday	12:00-1:00pm	Sports Gym	Haber
78454 Tuesday & Thursday	2:00-3:00pm	Field Hse. E2,W3	Johnston
78455 Tuesday & Thursday	4:00-5:00pm	Field Hse. E2,W3	Edwards
78456 Thursday	10:00-12:00noon	Field Hse. E2,W3	Haber

Level III (class maximum 14)

A continuation of Level II. Review of all strokes with drills to improve stroke production and tactical application. Introduction of the overhead smash and slice serve. Further development of the game and rules. **Balls only supplied.**

78481 Monday	12:00-2:00pm	Field Hse. E2,W3	Johnston
78482 Monday & Wednesday	4:00-5:00pm	Field Hse. E2,W3	Kilpatrick
78483 Tuesday	10:00-12:00noon	Field Hse. E2,W3	Haber
78484 Wednesday	12:00-2:00pm	Field Hse. E2,W3	Johnston
78485 Friday	12:00-2:00pm	Field Hse. E2,W3	Salo

*NB: There will be no class Friday, March 28 but there will be a make-up class Friday, April 11 in the Fieldhouse.

Level IV (class maximum 14)

A course for the club player who can play reasonably well and wishes to develop his/her strokes and study the tactics and strategies of the game. Drills to develop reflex and reaction skills for the singles and doubles game will be covered. **Balls only supplied.**

78486 Tuesday	12:00-2:00pm	Field Hse. E2,W3	Wood
78487 Thursday	12:00-2:00pm	Field Hse. E2,W3	Wood

TRAMPOLINE

(class maximum 15) **Fees: Members \$20.00 Non-members \$25.00**

PUT SOME BOUNCE IN YOUR LIFE!

This exciting new course is designed for students or adults (there has been a 70 year-old participant!) to learn acrobatic moves while in flight. The instructor will put you at ease with the use of sophisticated spotting apparatus.

82401 Thursday	12:00-2:00pm	Lower Gym	Zenkin
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YOGA

(class maximum 30) **Fees: \$20.00**

This course is aimed at bringing the body-mind complex to its best possible functioning and gives, as a cornerstone, the Hatha Yoga practices of breathing exercises, postures, and relaxation.

79401 Tuesday	7:00-8:30pm	Archery Range	O'Reilly
79402 Wednesday	3:00-4:30pm	Archery Range	O'Reilly
79403 Thursday	7:00-8:30pm	Archery Range	O'Reilly



YOGAEROBICS

(class maximum open) **Fees: \$20.00**

This unique course is a combination of Yoga and Aerobics. Yogaerobics is a total body workout that moves from posture flow to aerobics and back to posture flow. The focus of the class is on centering. Centering is a process which aims at reducing tension in the body. Learn more about your body through the fitness development and stress reduction of YOGAEROBICS.

84401 Monday & Wednesday	1:00-2:00pm	Upper Gym	O'Reilly
84402 Tuesday & Thursday	8:30-9:30pm	Archery Range	O'Reilly

COMMUNITY SERVICE PROGRAM

For the Winter Period the Community Service Program will offer the following programs to the children of members and the community at large. Give your child an opportunity to develop his/her athletic ability in an enjoyable environment. Register early as some programs have limited enrolment.

Track School Mondays 6:00 - 7:30 p.m.
Thursdays 6:00 - 8:00 p.m.

Winter: January 13 - April 10 Fee: \$80.00

Gymnastic Club (6 - 12 year olds)

Recreational Saturdays 10:00 - 12:00 noon & 12:00 - 2:00 p.m.
Sundays 12:00 - 2:00 p.m. & 2:00 - 4:00 p.m.

Winter: January 18 - April 12 Fee: \$98.00
No classes on Easter Weekend - March 29 - 30

Kindergym (4-5 year olds)

Sundays 12:00 - 1:00 p.m., 1:00 - 2:00 p.m.,
2:00 - 3:00 p.m., 3:00 - 4:00 p.m.

Winter: January 18 - April 12 Fee: \$48.00
No classes on Easter Weekend - March 29 - 30

Competitive:

All Athletes will be assessed by the coaches and a schedule developed according to athletes ability and commitment.

Schedules will include 3 hour practices and 2,3,4,5, or 6 practices each week. Practices will be held between 4:00 and 9:00 p.m. on weekdays and some on Saturdays.

The program will allow the athlete to proceed up the gymnastic excellence scale according to his/her ability and desire to achieve excellence.

Full Gymnastic Season: September '85 - June '86

Red Cross Swimming School:

Open to children 8 - 15 years of age at two levels.

Level I - Red Cross Orange Badge and the ability to swim 10 metres continuously is a prerequisite.

Level II - Red Cross Maroon Badge is a prerequisite.

Level I Saturdays 10:00 - 11:00 a.m.
Level II Saturdays 11:00 - 12:00 noon

Winter: January 18 - April 5 Fee: \$40.00
Register in person only as there is limited space available.

There will be no classes on Saturday, February 22nd.

Children's Learn to Dive School:

Children 8 - 13 years of age will be given the opportunity to develop their personal diving skills. At two levels:

Level I - Basic Techniques, Jumping and Dives
Level II - More Advanced Moves.

Instruction is based on the National Learn to Dive Program and will progress through the badge system.

Level I Saturdays 10:00 - 10:45 a.m.
Level II Saturdays 10:45 - 11:30 a.m.

Winter: January 18 - April 5 Fee: \$40.00
Register in person only as there is limited space available.
There will be no classes on Saturday, February 22nd.

Dance School

Children 4 - 7 years of age will explore basic musical concepts of rhythm and pitch combined with structured and free dance movement.

Saturdays 10:00 - 10:50 a.m. (4 - 5 years)
Saturdays 11:00 - 11:50 a.m. (6 - 7 years)

Winter: January 18 - April 12 Fee: \$ 35.00
No school on Easter Weekend - March 29

BECOME A CERTIFIED COACH !

The U of T Department of Athletics and Recreation is hosting a National Coaching Certification Theory Level 1 course.

Date: March 13 (6-10:30pm) March 14 (6-10:30pm)
March 15 (10am-4pm)

Location: University of Toronto Athletic Centre,
55 Harbord Street
Toronto, Ontario
Person Building Board Room

Cost: \$10.00

Registration: Register in person at the Athletic Centre Main Office between 10am-4pm

Note: Payment of fees cash only due upon registration. There is an administrative fee of \$5.00 for cancellation more than one week before the clinic. NO REFUNDS are issued one week or less before the clinic.

* Registration is limited so register early !

This course is recognized and subsidized by the Sports & Fitness Branch, Ministry of Tourism & Recreation.



National
Coaching
Certification
Program



Coke is it!

Trade Mark Reg.

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FITNESS

We've got what you need to become a fitter you

Begin With An Assessment

A LOGICAL FIRST STEP IN A PERSONAL FITNESS PROGRAM

1. What is a fitness test?

A fitness test consists of a series of simple measurements which will give an estimate of your overall physical fitness. The one hour test will assess your cardio-respiratory fitness, muscular strength, flexibility and body composition. The fitness appraiser will incorporate the results of your test into an exercise prescription that matches your activity preferences.

2. Who needs a fitness test?

Basically anyone who wants to be fit through regular exercise.

3. If failure possible?

No. The results are only meaningful to you personally. You will receive feedback regarding how you stand compared to other Canadians of the same age and sex.

4. What else is available?

Test-Retest: When you make your test appointment book a second test for 2-3 months later at half price. This second test will give you an indication of your progress, then adjustments can be made to your program.



5. Is a more specialized fitness test available?

Yes. Sophisticated assessment including direct measures of oxygen consumption, specialized strength evaluations, and body composition through underwater weighing can be arranged on an individual or group basis. The fee will vary depending on the subject's requirements.

6. When can I have an assessment?

January 13 - April 10, 1986

Monday - Thursday
12:00 - 2:00 p.m.
4:00 - 7:00 p.m.

7. What does it cost?

Single Test: \$5.00 for students and Athletic Centre members
\$30.00 for non members

HOLIDAY SPECIAL:

Between now and Jan. 31, 1986 the cost for the test is just **\$5.00** for non-members.

Test/Retest: \$7.50 for students and Athletic Centre members
\$45.00 for non members

Appointment may be booked at the Main Enquiry Desk of the Athletic Centre. For further information please call 978-3084.

Strength Training

STRENGTH TRAINING WORKSHOPS

Strength Training workshops will be offered emphasizing the basic principles of strength training. The first workshop will commence January 9 and will run to Feb. 13; the second workshop begins January 21 and runs to Feb. 25. Registration takes place at the Main Enquiry Desk. For further information, see the "Fitness Education Program" Section.

STRENGTH TRAINING CONSULTATIONS

UNIVERSAL/NAUTILUS/HYDRA GYM

If you are interested in starting a strength training program but need some basic information on strength training and/or basic instruction on how to use the Universal, Nautilus and Hydra Gym, you can book an hour-long strength training consultation at the Main Enquiry Desk.

Cost: \$5.00 (Athletic Centre members only)

FREE WEIGHTS

Lower Weight Room members interested in starting a free weight program may book an hour-long strength training consultation at the Main Enquiry Desk.

Cost: \$5.00 (Lower Weight Room members only)



LOWER WEIGHT ROOM

Athletic Centre users interested in strength training using free weights should consider a membership to the Lower Weight Room. Over 2 tons of free weights, barbells and dumbbells are available to challenge the novice and experienced lifter. A supervisor is also on hand for your assistance.

Cost:
\$20.90 Yearly Membership for Alumni, Staff and Community

Lower Weight Room Hours of Operation

Monday to Friday

8:00 a.m. - 1:30 p.m.
4:00 p.m. - 8:00 p.m.

Saturday

10:30 a.m. - 12:00 noon - Women only
12:00 noon - 3:00 p.m.

Strength Training
Workshop

See page 15

FITNESS

We've got what you need to become a fitter you

Fitness Classes: Questions and Answers

1. Am I eligible to join a fitness class?

If you are an Athletic Centre member - yes.

2. Is there a cost? No.

3. Do I have to register?

No. All classes are on a "drop-in" format. Come when you can.

4. When do classes take place?

Monday to Friday at convenient hours - early morning, midday, after work and early evening. Check the schedule available in the "Athletic Centre News" for exact times.

5. Where do classes take place?

Here in the Athletic Centre. The two prime areas of activity for fitness classes are the Upper Gym and Field House. Check the schedule in the Athletic Centre news again for locations for each class and check a building floor plan to get you to where you want to go.

6. What do I wear to fitness class?

Shorts and t-shirt, leotard and tights, warm-up suit ... something which allows you to move freely plus a good pair of training shoes.

7. How do I know which class is best for me?

All classes are not the same. They vary widely in their energy demands. Regular fitness classes are classified at one of four levels - Beginner, Basic, Intermediate or Advanced. There are also more specialized classes which focus on specific fitness components or themes. See "Information To Help You Select The Right Fitness Class" on this page.

8. What level am I?

There are three ways to decide your starting point.

a. Have a fitness assessment and find out what kind of shape you're really in. See "Fitness Assessment" information on this page.

b. Answer the million dollar question in the Athletic Centre, Main Foyer Fitness Display, January 1986.

c. Trust your own judgement of your capabilities. Observe or participate in a fitness class of your choice (always working within your own capabilities) and reassess your original self placement.

Too easy? Check with the instructor on ways to adapt the class material to make it more difficult or move on to the next level (if there is still another level up).

Too hard? Again two routes to go. Check with the instructor on ways to adapt the class material to make it

easier or move a level down (if there is a level below the one you attended).

Just right? Great! Keep on plugging.



9. But I can't make the class level appropriate for me. What do I do?

For participants who have selected a particular level and find they cannot attend the times this level is available, do not despair.

While you may have decided Beginner (or Basic) is best for you, moving a step up to Basic (or Intermediate) can be done ... but CAREFULLY!

Talk to the instructor of the Basic (or Intermediate) class. Explain your situation. Get recommendations on ways to modify the class content downward to suit your needs.

- Walk when others are jogging.
- Do half as many repetitions of the floor exercises.
- Learn easier variations of the exercises.

Always listen to your body and work within your own capabilities.

If Intermediate or Advanced is your level and Beginner or Basic fits your timetable, discover methods to increase the intensity of the class.

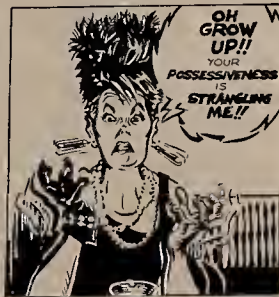
- Jog while others walk.
- Do extra laps or exercises before or after class.
- Expend more energy by lifting the legs higher and using the arms more vigorously during the aerobic activities.
- Learn harder variations of the floor exercises.

The instructors are aware of the diverse fitness levels existing in classes. They will set a certain pace for the group as a whole but each individual is still encouraged to work at their own pace - be it harder, easier or just right.

•Continued on Page 16

PIZZA HUT

PIZZA OPERA • Hands on Experience



ON THE PIZZA! HILARY! I MEANT ON THE PIZZA!!

Welcome back.
Pizza Hut offers
10% off our regular
menu prices upon pre-
sentation of valid
STUDENT CARD

204 Bloor St.
921-4117

(not valid in conjunction
with other offers)

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FITNESS

We've got what you need to become a fitter you

Selecting the Right Fitness Class

The descriptions given below are based on a class duration of 45 minutes. Classes that are scheduled for an hour utilize the extra 15 minutes by adding a bit of time to each class segment i.e. warm up, aerobics, muscle conditioning and cool down.

BEGINNER FITNESS

A fitness class to gently improve muscle tone by providing a pleasant mix of light locomotor activity, strengthening and stretching exercises. The class consists of:

- a) a light warm up of stretches and walking to prepare the body.
- b) 12 - 15 minutes of light locomotor activity mixing walking, skipping, hopping and easy paced jogging.
- c) floor exercises to condition all the major muscle groups of the body (arms, legs, abdominals).
- d) stretching and relaxation exercises to taper off.

BASIC FITNESS

A fitness class which does what it says, gives you the basics:

- a) a light warm up of walking, rhythmic movement, joint mobility and stretching to get the blood flowing, loosen the joints and prepare the muscles for action.
- b) 14-17 minutes of aerobic activity including combinations of walking, skipping, hopping, jumping and jogging intended to gradually take your heart rate to a training level, keep it there and then carefully bring it back down.
- c) an average of 12 minutes of floor exercises to improve the strength and endurance of the major muscle groups of the body.
- d) a cool down period of carefully controlled slow stretches to improve flexibility and relax the body.

INTERMEDIATE FITNESS

So you've got the basics, you need more - more is what you'll get.

- a) a brief yet thorough circulatory and stretch warm up.
- b) approximately 17-20 minutes of continuous activity mixing jogging with more energetic locomotor activities incorporating knee lifts, leg lifts and arm movements.
- c) 12-15 minutes of muscle conditioning exercises with increased number of repetitions and more difficult variations (compared to Basics).
- d) again a brief but thorough set of stretches to cool you down.

ADVANCED FITNESS

The ultimate challenge!

Check out what intermediate fitness is all about. Advanced is much the same but -

- a) the warm up and cool down become more difficult (slightly shorter in time but still as thorough since you are doing more at once).
- b) a bit more time is spent on aerobics and muscle conditioning at a much greater intensity. Increased number of repetitions and more difficult exercises is the name of the game. You kick higher, more often, and do two things at one time whenever possible to maximize the intensity of your workout. A challenge in endurance, coordination and overall motor ability is what this class is all about.

AQUAFIT

A fitness class with the support and resistance of a new medium - water. The class contains all the regular components of a workout on land - warm up, cardiovascular exercise, muscle conditioning and cool down. Exercising in water is not only refreshing on a hot day, but excellent for individuals with joint problems.

'TOTAL MUSCLE CONDITIONING'

This is the perfect compliment to the "aerobics only" class. It is a little different than the other classes offered. There will be a circulatory warm-up followed by stretching then the class will proceed to muscle strengthening exercises for the whole body (no aerobics are included). Emphasis will be placed on strengthening and balancing weak muscles which tend to contribute to poor posture. All those neglected muscle groups will finally get worked. For a change, and a new challenge, try "total muscle conditioning".

'AEROBICS ONLY' FITNESS

A fitness class comprised mainly of aerobic activity, to improve or maintain stamina. Floor exercises are not included.

A circulatory and stretch warm up is followed by approximately 30 minutes of continuous hopping, skipping, jumping, and jogging. Travelling locomotor activities are mixed with stationary aerobic exercises to provide variety and prevent lower leg muscle soreness. The cool down consists of slow controlled stretches to lengthen the body's major muscle groups.

'Aerobics Only' is a particularly useful complement to activities which emphasize strength development such as weight training.

'SHOCK FREE' FITNESS

A fitness class with all the components of a regular workout minus the 'shock' impact of typical aerobic exercises. Class activities include warm up, cardiovascular exercise consisting of energetic movement without jumping, hopping, or running, muscle conditioning, and cool down. To increase heart rates to adequate training levels during the aerobics, exaggerated total body movements are required along with high energy locomotor activities such as marching and brisk walking. The class is suited for a wide variety of fitness levels ranging from beginner to advanced. "What you put into it, is what you will get out of it" "Shock Free" fitness is particularly appropriate for individuals with lower limb joint problems i.e. ankle, knee, or hip and individuals prone to or recovering from lower limb injuries i.e. foot, shins, knee.

Questions and Answers for Fitness Class Participation

Continued from page 15

10. I want to be sure I am exercising correctly. Where can I get information? Since class sizes in our program do not allow for a great deal of individual attention and correction during class, to learn more about correct exercise technique take advantage of the instructor's expertise. If you are concerned about certain exercises or have problems, consult with the instructor before or after class. The instructors are open to providing information and helping out whenever

possible. If they cannot answer your questions or problems, they can refer you to the appropriate person or place for help.



WINTER FITNESS CLASS PROGRAM

JANUARY 6 — MARCH 28, 1985

CLASSES FOR ATHLETIC CENTRE MEMBERS ONLY.
NO REGISTRATION REQUIRED. ALL CLASSES ARE ON A "DROP IN" FORMAT.

TIME	CLASS	LOCATION	INSTRUCTOR
MONDAY			
7:00-8:00 a.m.	Intermediate Fitness	U.G.	Lisha van Leeuwen
11:10-11:55 a.m.	Aerobics Only Fitness	F.H.E.1	Pauli Starkey
12:10-12:55 p.m.	Basic Fitness	U.G.	Iris Weller
1:10-1:55 p.m.	Advanced Fitness	F.H.E.1	Saul Marks
5:15-6:15 p.m.	Basic Fitness	F.H.E.2W.3	Cathy Beaumont
7:15-8:15 p.m.	Advanced Fitness	F.S.	Paul Pelletier
8:20-9:10 p.m.	Intermediate Fitness	F.S.	Mary Peters
TUESDAY			
11:10-11:55 a.m.	Total Muscle Conditioning	F.H.E.1	Nadine Melemis
12:10-12:55 p.m.	Advanced Fitness	F.H.E.1	Paula Vainio
1:10-1:55 p.m.	Beginner Fitness	U.G.	Irma Baines
5:15-6:15 p.m.	Intermediate Fitness	F.H.E.2W.3	Anne Schlarp
6:30-7:20 p.m.	Advanced Fitness	F.H.E.1	Veronica Wadey
7:20-8:10 p.m.	Shock Free Fitness	F.S.	Bruce Wilkin
WEDNESDAY			
7:00-8:00 a.m.	Intermediate Fitness	U.G.	Theresa Poirier
11:10-11:55 a.m.	Shock Free Fitness	F.H.E.1	Bruce Wilkin
12:10-12:55 p.m.	Basic Fitness	U.G.	Linda Hall
1:10-1:55 p.m.	Advanced Fitness	F.H.E.1	Saul Marks
5:15-6:15 p.m.	Basic Fitness	F.H.E.2W.3	Cathy Beaumont
7:15-8:15 p.m.	Advanced Fitness	F.S.	Veronica Wadey
8:20-9:10 p.m.	Intermediate Fitness	F.S.	Ruth Hanton
THURSDAY			
11:10-11:55 a.m.	Total Muscle Conditioning	F.H.E.1	Nadine Melemis
12:10-12:55 p.m.	Advanced Fitness	F.H.E.1	JoAnn James
1:10-1:55 p.m.	Beginner Fitness	U.G.	Irma Baines
5:15-6:15 p.m.	Intermediate Fitness	F.H.E.2W.3	Anne Schlarp
FRIDAY			
7:00-8:00 a.m.	Intermediate Fitness	U.G.	Ruth Hanton
11:10-11:55 a.m.	Aerobics Only Fitness	F.H.E.1	Paula Vainio
12:10-12:55 p.m.	Basic Fitness	U.G.	Linda Hall
1:10-1:55 p.m.	Advanced Fitness	F.H.E.1	Lisha van Leeuwen
5:15-6:15 p.m.	Intermediate Fitness	F.H.E.2W.3	Linda Henshaw-Tanner

Location Key:

F.H. - Field House
U.G. - Upper Gym
F.S. - Fencing Salle

Schedule subject to possible minor changes.

FOR MORE INFORMATION contact the Main Enquiry Desk,
Main Floor, 978-3084.

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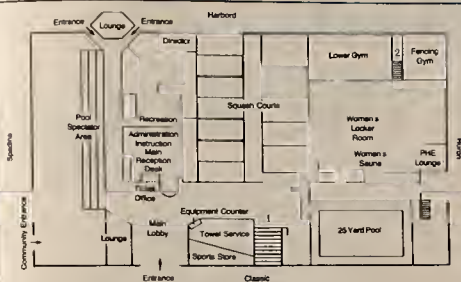
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Open Monday-Friday
11 a.m. - 7 p.m.
Saturday 10 a.m. - 4 p.m.

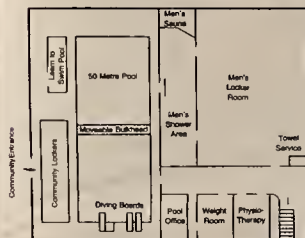
Athletic Centre Maps



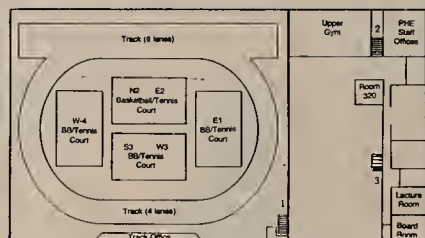
Ground Floor



Second Floor



Basement



Third Floor

- 1 Main stairway in Stevens Wing, leading from basement, outside men's locker room, to the third floor Field House.
 2 Stairway in Benson Wing, leading from basement, outside women's locker room, to upper gym and PHE office on third floor.
 3 In Benson Wing, from second floor lobby to third floor offices, Lecture Room and Board Room.

*Clip
and
Save*

Athletic Centre General Information

ATHLETIC CENTRE HOURS UNTIL APRIL 30, 1986

Monday - Friday	7:00 am - 11:00 pm
Saturday	10:00 am - 5:00 pm
Sunday	Noon - 4:00 pm

BUILDING CLOSINGS

The building will be closed on the following dates:
 Tuesday, December 24 - Closed at 12:00 noon until Thursday January 2nd, 1986 at 7:00 am.
 Good Friday - Friday, March 28, 1986
 Victoria Day - Monday, May 19, 1986

FOR ATHLETIC CENTRE INFORMATION	
General Information	978-3437
Instruction and Community Service	978-3436
Fitness Program	978-3084
Recreation Program	978-4114
Intercollegiate Program	978-3443
Racquet Reservations	978-4116

GENERAL INFORMATION

STUDENTS:
 University of Toronto Students paying incidental fees are entitled to use the Athletic Centre. Please present your 1985-86 student card when purchasing locker or towel services. This year all cards must have an Athletic LD sticker. If you are not purchasing locker or towel services, please come to the main information counter and ask for your identification

sticker.

Please note that your student card must be presented at the towel counter each time you use the facility.

Locker Service Fees:

Women - Lockerettes	\$12.00
Men - Lockerettes	\$12.00
Plus a \$5.00 lock deposit	

Towel Service Fees:

Daily Towel Service	- \$8.00
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THESE SERVICES WILL BE EXTENDED UNTIL THE LAST DAY OF EXAMS, MAY 13, 1986. LOCKS MUST BE PRESENTED TO THE MAIN INFORMATION COUNTER FOR A \$5.00 REFUND. AFTER MAY 13, LOCKS AND LOCKER CONTENTS SHALL BE REMOVED AND DEPOSIT FORGOTTEN.

COURT RESERVATIONS

Squash and Racquetball
 Reserve one day in advance at 978-4116, or in person at the Racquet Reservation Window in the main foyer. Reservations will be accepted from 7:30 a.m. to 1 p.m. Monday to Friday. Two names and membership numbers are needed to book a court. Saturday, Sunday and Monday reservations may be made on Friday. Approved safety eye guards are mandatory. Players must supply their own Tennis and Badminton
 Reservations will be accepted between 5:30 p.m. and 7:30 p.m. on Wednesdays for court times from the following Saturday to Friday

inclusive. Two names and membership numbers are needed to book a court. Reserve in person at the Racquet Reservation Window, main foyer, or phone 978-4116.

MEMBERSHIP INQUIRIES

U OF T STAFF:
 (FACULTY JOINT PLAN M/S) Please call the Benefits Section of the Personnel Department at 978-2015.

ALUMNI:
 Please contact the Hart House Programme Office at 978-2447.

COMMUNITY:
 Prospective Members - Please inquire at the Information Counter or contact us at 978-3437.

COMMUNITY ACCESS

A co-operative program between the Department of Athletics and Recreation and the City of Toronto Department of Parks and Recreation provides residents with access to some Athletic Centre facilities (at no charge) during specified times during the week.

The pool is open to the public at no charge on Sundays from 12:00 noon to 4:00 pm. The Toronto Department of Parks and Recreation in co-operation with the Athletic Centre sponsors a "Learn to Swim" Program on Thursdays from 6:30 pm to 9:30 pm. The Spadina Avenue entrance and Locker Rooms should be used for the above Public Access hours.
 Call 978-3437 for additional information.